



Maddux retires

Maj. Rod Maddux receives a U.S. flag from Col. Robert Williams, commander of the 123rd Support Group, during a retirement ceremony held in November.

Maddux last served as personnel officer for the 123rd Mission Support Flt.

*KyANG photo by
Master Sgt. Charles Simpson*

Promotions and honors in the KyANG



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THE CARGO COURIER

123rd Airlift Wing, Kentucky Air National Guard, Louisville, Ky.

Vol. XV, No. 1 • Jan. 9, 1999

Damico, Mabe, Mix selected as top troops

By Staff Sgt. David I. Tors
Cargo Courier Staff Writer

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"They represent the best among the best," Pope said of Damico, Mix and Mabe.

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He was instrumental in garnering the 205th's first ever "outstanding" grade in a rated area during last year's Operational Readiness Inspection after he helped install a telephone network five hours ahead of the inspectors' deadline.

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"I think Sergeant Damico's winning of this award is justly deserved," said Maj. Neil Mullaney, detachment commander of the 205th. "He's been out here working with the Kentucky Air National Guard for over 20 years, and I'm proud to have him as part of the team."

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STAFF SGT. DAVID I. TORS/KyANG

See **AIRMEN**, Page 4

New year offers wing a chance to shine while serving on worldwide deployments

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I can't offer you much relief.

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Thanks Loads,

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The editorial content is edited and prepared by the public affairs office of the 123rd Airlift Wing, Kentucky Air National Guard, Louisville International Airport, Louisville, Ky. 40213-2678.

If you have a story idea, photo or article to submit, stop by the public affairs office, room 2117 of the Wing Headquarters Building. Deadline for the next issue is Jan. 20.

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Confusion exists over wear of uniform items

Air Force Personnel Center News Service

RANDOLPH AIR FORCE BASE, Texas — The Air Force Personnel Center is receiving numerous questions about the wear of uniform items, apparently in response to a recent news release regarding uniform changes.

The questions indicate the existence of widespread rumors and confusion about some of these items, said Staff Sgt. Randy Larson, NCOIC for Air Force Dress and Appearance.

"There are some rumors circulating about several uniform items that need to be corrected to stop any misinterpretation of the instructions," Larson said.

"The rumors are about some relatively new items."

Battle Dress Uniform stripes, the white cardigan sweater, blue cardigan sweater,

mess dress jacket buttons, green cloth jungle boots and Gortex parka rank are the items of highest concern.

•**BDU stripes:** The correct BDU stripes for women are the 3 1/2- or 4-inch chevrons, while men are only authorized to wear the 4-inch chevron. This change was made Oct. 1, 1997, with the phase-out of the old chevrons.

•**White cardigan sweater:** This sweater may be worn as part of the maternity uniform indoors; however, since it is not considered an outer garment, it must be worn under an outer garment when worn outdoors.

•**Blue cardigan sweater:** This sweater must be buttoned when worn outside.

•**Mess dress jacket:** It is rumored that the buttons on the mess dress jacket must be changed from the Air Force shield to the Hap Arnold design. Larson said there is no requirement for this change, but it is permis-

sible to buy the transformation kit and sew on the new buttons.

•**Green cloth jungle combat boots:** These boots are still authorized and are not planned for phase out.

•**Gortex parka:** Larson said the Air Force has decided to go to a slide-on cloth rank insignia, to be slipped over the tab of the parka. A contract was awarded in late October, and the contractor says they will have the insignia available in supply channels by the end of this month. Members should consult their major command's supplement to AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, to see if they allow that rank to be worn when it does become available on their base.

People with questions about the Air Force uniform may e-mail Larson at Randy.Larson@afpc.randolph.af.mil.

U-2 pilot sets new altitude record

(AFPN) — A pilot from the 1st Reconnaissance Squadron officially shattered a 19-year-old world record Dec. 12 when he flew his U-2 aircraft and its payload to an altitude of more than 12 and a half miles above the Earth's surface.

Maj. Alan Zwick, an instructor pilot at Beale Air Force Base, Calif., surpassed the previous record of 28,513 feet set by a Czechoslovakian pilot aboard a Yakovlev 40 in 1979.

Zwick actually broke the Chech milestone just 12 minutes into his nearly two-hour flight, and he continued to climb for another 46 minutes before hitting an altitude of just more than 66,800 feet.

Brig. Gen. Charles Simpson, 9th Reconnaissance Wing commander, summed up the mission when he said, "This record demonstrates out in the open what we can and do achieve on a daily basis."

Pay and retirement fix proposed

By Master Sgt. Linda Brandon
Air Force Print News

WASHINGTON — With the full support of the president and Joint Chiefs of Staff, Defense Secretary William Cohen recently announced a proposal for significant pay increases and retirement improvements in the fiscal year 2000 budget.

Air Force senior leaders lauded the Dec. 21 announcement after working closely with Department of Defense officials to push for reform.

"These changes reflect our commitment to the men and women who we've tasked with a very tough but vital mission," said F. Whitten Peters, acting secretary of the Air Force.

The Department of Defense's pay and retirement package has three main parts and is designed to attract and retain the type of high-quality force credited with the recent success of Operation Desert Fox.

The first improvement is a 4.4 percent across-the-board pay raise for fiscal year 2000. This would be the largest pay increase since 1982 and is scheduled to be followed by annual increases of 3.9 percent through 2005.

While this increase will not close the military pay gap with the civilian sector, it keeps

everyone slightly ahead of private industry wage growth.

The second improvement targets raises for noncommissioned officers and mid-grade commissioned officers. These would range from one-half of one percent to 5.5 percent.

The targeted pay raises are proposed to take effect July 1, 2000 and are in addition to the 4.4 percent raise everybody receives Jan. 1, 2000.

The third part of the package, improvement of the retirement system, affects two-thirds of the men and women in today's armed forces.

"The retirement system that applies to service members who entered after 1986 is a major source of dissatisfaction," Cohen said.

"They receive 40 percent of their basic pay when they retire after 20 years, while members who began their service prior to 1986 receive 50 percent."

"This retirement change — popularly known as 'redux' — is undermining morale and it's hurting retention," Cohen said.

"Therefore, we are committed to returning the 20-year retirement to 50 percent of base pay."

The proposal to improve retirement will accompany next year's budget submission.

Airmen named 'best of the best' for 1998

Continued from Page 1

go before that review board," he said.

The second honoree, Mix, is NCOIC of Base Fuels Training for the 123rd Logistics Squadron.

Among his recent accomplishments are the development and implementation of a comprehensive training database that allows for real-time tracking of training schedules.

Off base, Mix mentors middle school students when he's not working as a product manager at Cummins Engine Co.

"I'm surprised I won, actually," the sergeant said. "I'm quite flattered to have been chosen, considering how many good people I was competing against."

His commander, Maj. Johnny Jones, recently assumed command of the 123 Logistics Squadron and is still getting to know his troops, but he's already formed a high opinion of Mix.

"I was quite impressed with what this young man has accomplished," Jones said. "He's a tremendous asset to the section."

The final selectee, Mabe, is a cargo airlift handler for the 123 Aerial Port Squadron.

She came to the Aerial Port as a new enlistee and has been with the unit ever since. While working at Ramstein Air Base, Germany, she received a letter of outstanding performance for her duty.

Her fluency in German also was a big help to the unit while at Ramstein.

"I was really kind of shocked when I heard I won," said Mabe, who is a sales manager for Sun Solutions when she's not wearing BDUs. "There were a lot of good airmen I was competing against."

She attributed some of her success to the supportive environment she feels at her unit.

"I enjoy being here with the Aerial Port



MASTER SGT. CHARLES SIMPSON/KyANG

Tech. Sgt. Christopher Mix developed a new database that allows for real-time tracking of training schedules in the Base Fuels section.

— it's like a big family. If you ever need help with anything, you can always ask and someone will always offer to help you. I love it back here, and I wouldn't want to be anywhere else."

The airman also is active in the community, volunteering her time to a prison ministry that puts together Christmas packages for the children of incarcerated parents.

Mabe's commander, Lt. Col. Bob Abel, said he doesn't think he could have found anyone more deserving of the award.

"She's gone out of her way to be an up-

front, take-charge type of person," he said. "She does the little things that add up. Her performance and attitude shine through. She's being targeted for bigger and better things in her career, and I think she's going to go a long way."

Mabe has passed the Air Force Officer Qualifying Test and has been selected for a possible commission in the future.

An awards ceremony is scheduled for April 10 at Woodhaven Country Club to honor the selectees. For information, contact Chief Master Sgt. David Orange at ext. 4465.

Bean Soup Feast, open house scheduled for March

The Kentucky Air Guard's Annual Bean Soup Feast and open house have been scheduled for March 25 from 11 a.m. to 7 p.m.

The event, which is being organized by the KyANG First Sergeants' Council, helps raise money to benefit local charities like the Crusade for

Children Foundation, said Master Sgt. Tim Atwell.

"It also gives friends and family a chance to come out and see our facilities and understand a little more about our jobs," Atwell said.

Tickets for the event, which includes a meal of bean soup, vegetable soup,

cornbread, coleslaw and potato salad, cost \$5 for adults or \$2.50 for children younger than 12 and may be purchased from any first sergeant.

Organizers also are seeking volunteers to help from March 22-26. For more information, call Atwell at 364-9622.

KyANG Christmas

PHOTOS BY MASTER SGT. CHARLES SIMPSON

RIGHT: Alex Rankin, son of Staff Sgt. Carol Rankin, shares his holiday wish list with Santa during the December drill.

BELOW: Santa got more than he bargained for when two Mikes — Master Sgt. Silloway and his namesake — both piled on board for consultations.



RIGHT: The aptly named Emily Noel, daughter of Senior Airman Jeff Noel, proudly displays a freshly painted Rudolph on her cheek.



Holiday pounds got you down?

Stay healthy at new fitness center

By Senior Airman Amy Carr
Cargo Courier Staff Writer

'Tis the season many guard members are wondering about where all those extra pounds came from.

It may have been one too many trips to the holiday buffet, or perhaps it was a year spent in couch-potatoland, but more than a few of us would like to shed a little baggage. Others would simply like to live more healthfully.

Either way, the base fitness center might have just what you're looking for.

Tech. Sgt. Kim Gholston, NCOIC of the fitness center, said physical fitness is crucial to accomplishing our jobs.

"If we aren't fit, we aren't mission ready," she said.

The 123rd Services Flight and 123rd Medical Squadron have spent the past year working to improve the fitness center for guard members.

Previously, the facility offered little more than free weights in the old church. Now, the fitness center has taken on a whole new look with its relocation to the back of the Civil Engineering building.

"More people should come and see our new fitness center," Gholston said. "I think that they would be really surprised to see just how nice it really is."

In addition to free weights, the fitness center now offers Nautilus and cardiovascular equipment, as well as a towel loaning service.

The two latest equipment additions are a treadmill and rowing machine.

Fitness center staff aren't stopping there, however: Plans to expand the new facility already are in the works.

Gholston says the goal is to add a second room by February to create separate areas for aerobic equipment and weights.

Many Guard members are starting to take a personal interest in the gym, Gholston said, and several have donated equipment.

"I had some weights that were basically just sitting in my garage in the way, so I brought them in so others can get some use from them too," said Staff Sgt. Perry McDaniel of the 123rd Security Forces



TECH. SGT. MARK RINES/KYANG

Tech. Sgt. Greg Thompson of the 123rd Aerial Port Squadron tests his strength with Nautilus equipment at the new fitness center.

Squadron.

"The quality of the machines over there is excellent. I go to another gym too, but I can do about 90 percent of my workout here on base."

Master Sgt. Shawn Burt, chief of security forces, credited the fitness center with helping boost his troops' job performance.

"The fitness center has had a direct impact on people in my squadron," he said. "There has even been an increase in productivity, and I think this is directly related to the fitness center."

All active-duty personnel, Guard members, and their dependents over the age of 18 are authorized to use the fitness center, which is open from 5 a.m. to 10 p.m. Monday through Friday and 8 a.m. to 10 p.m. on weekends and holidays.

For more information, call Tech. Sgt. Mary Decker at ext. 4120 or Master Sgt. Barry Wright at ext. 4678.

Members may be eligible for volunteer service medal

Some members of the Kentucky Air Guard may be eligible for the Military Outstanding Volunteer Service Medal.

To qualify, members must perform service that:

- Is significant to the civilian or military family community
- Produces tangible results
- Reflects favorably on the Air National Guard and Department of Defense
- Is direct in nature

The award is intended to recognize exceptional volunteer service over an extended period of time, not a single act or mere membership in a community organization.

The service also must not have been performed as part of a military operation.

For more information, contact Maj. Deb Foster at 364-9544.

Club offering redesigned card

The wing's Thoroughbred Club is designing a new membership card.

Retirees or current Guard members who are interested in receiving one of the new cards should contact Tech. Sgt. Ted Schiess at 364-9614.

W-2 forms mailed this month

Guard members' W-2 tax forms are scheduled to be mailed by Jan. 15.

If you do not receive your W-2 by February 1, contact the military pay office and request that a duplicate be mailed.

Duplicates take seven to 10 days for processing.

Tot Rods



ABOVE: A dozen members of the Kentucky Air Guard are set to deliver toys to needy children via two-wheeled sleighs.

LEFT: Tech. Sgt. Mike Newman of the 123rd Special Tactics Flight provides a military escort with his H-D 350CCT motorcycle.

KyANG photos by
Senior Master Sgt. Jerry Becker

KyANG bikers deliver gifts

By 2nd Lt. Dale Greer
Wing Public Affairs Officer

On Harley, on Honda, on Yamaha and Suzuki...

Perhaps it wasn't the most traditional method for delivering Christmas toys to anxious tots, but a dozen Kentucky Air Guard members sure created a buzz in November when they mounted their motorcycles to spread a little holiday cheer.

The cyclists — including a Special Tactics Flight member astride a military Harley-Davidson — left the base with a truckload of toys strapped to their hogs.

The dolls, balls, teddy bears and cars,

which had been collected on base throughout the month, were delivered to Pleasure Ridge Park High School, where they joined gifts that had been gathered by nearly 4,000 other members of the Kentucky Motorcycle Association.

The presents were later distributed to needy kids as part of the U.S. Marine Corps' Toys for Tots program.

"This is a nice thing to do for the kids of Louisville who don't get much for Christmas," said Senior Master Sgt. Frank Green, who helped organize the KyANG effort.

"It's a great charity, and it gives us an opportunity to have a little fun while we help out the community."

Wing deploying to Germany for Joint Forge

By 2nd Lt. Dale Greer
Wing Public Affairs Officer

The Thoroughbred Express is returning to Germany this month for Operation Joint Forge '99, the latest airlift mission designed to support U.S. peacekeepers in Bosnia.

The Kentucky Air Guard has already served two major rotations at Ramstein Air Base as part of the ongoing support effort, but this year's deployment has two crucial differences.

First, the 123rd Airlift Wing will be the lead unit during its phase of the operation, which means it has command and control responsibility for planning and execution, said Maj. Greg Nelson, wing plans officer.

Second, the deployment will be one of the first tests of the Air Expeditionary Force concept. Only two units — the 123rd Airlift Wing and the Ohio Air Guard's 179th Airlift Wing — are participating.

"Under the old approach, there could have been as many as 40 units and four different types of aircraft involved, with equipment and personnel coming from each of those 40 units," Nelson explained.

"Now, we're married with the 179th as an air expeditionary force, which means we will be deployed for contingencies as a self-contained package."

This approach has a couple of advantages, Nelson said.

"First, we get multiple cost savings because both units fly the same aircraft. We can interchange aircrew, parts and logistics expertise. That reduces the logistics trail and eliminates the duplication of effort that you get when you mix different aircraft.

"Second, because we're not drawing personnel from 40 different units, we can haul our own people and save money by avoiding the cost of AMC strategic airlift."

Approximately 400 KyANG members and 200 Ohio air guards troops will deploy for Joint Forge, with average rotations lasting a little more than 20 days. Kentucky is contributing five C-130H aircraft to the mission, while Ohio will send three.

The operational portion of the Kentucky-Ohio tour will run from Jan. 25 to Feb. 24.



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This funded Air Force newspaper is published for members of the military services. Contents of The Cargo Courier are not necessarily the views of the U.S. Government, the Department of Defense or the Air Force.

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Confusion exists over wear of uniform items

Air Force Personnel Center News Service

RANDOLPH AIR FORCE BASE, Texas — The Air Force Personnel Center is receiving numerous questions about the wear of uniform items, apparently in response to a recent news release regarding uniform changes.

The questions indicate the existence of widespread rumors and confusion about some of these items, said Staff Sgt. Randy Larson, NCOIC for Air Force Dress and Appearance.

"There are some rumors circulating about several uniform items that need to be corrected to stop any misinterpretation of the instructions," Larson said.

"The rumors are about some relatively new items."

Battle Dress Uniform stripes, the white cardigan sweater, blue cardigan sweater,

mess dress jacket buttons, green cloth jungle boots and Gortex parka rank are the items of highest concern.

•BDU stripes: The correct BDU stripes for women are the 3 1/2- or 4-inch chevrons, while men are only authorized to wear the 4-inch chevron. This change was made Oct. 1, 1997, with the phase-out of the old chevrons.

•White cardigan sweater: This sweater may be worn as part of the maternity uniform indoors; however, since it is not considered an outer garment, it must be worn under an outer garment when worn outdoors.

•Blue cardigan sweater: This sweater must be buttoned when worn outside.

•Mess dress jacket: It is rumored that the buttons on the mess dress jacket must be changed from the Air Force shield to the Hap Arnold design. Larson said there is no requirement for this change, but it is permis-

sible to buy the transformation kit and sew on the new buttons.

•Green cloth jungle combat boots: These boots are still authorized and are not planned for phase out.

•Gortex parka: Larson said the Air Force has decided to go to a slide-on cloth rank insignia, to be slipped over the tab of the parka. A contract was awarded in late October, and the contractor says they will have the insignia available in supply channels by the end of this month. Members should consult their major command's supplement to AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, to see if they allow that rank to be worn when it does become available on their base.

People with questions about the Air Force uniform may e-mail Larson at Randy.Larson@afpc.randolph.af.mil.

U-2 pilot sets new altitude record

(AFPN) — A pilot from the 1st Reconnaissance Squadron officially shattered a 19-year-old world record Dec. 12 when he flew his U-2 aircraft and its payload to an altitude of more than 12 and a half miles above the Earth's surface.

Maj. Alan Zwick, an instructor pilot at Beale Air Force Base, Calif., surpassed the previous record of 28,513 feet set by a Czechoslovakian pilot aboard a Yakovlev 40 in 1979.

Zwick actually broke the Chech milestone just 12 minutes into his nearly two-hour flight, and he continued to climb for another 46 minutes before hitting an altitude of just more than 66,800 feet.

Brig. Gen. Charles Simpson, 9th Reconnaissance Wing commander, summed up the mission when he said, "This record demonstrates out in the open what we can and do achieve on a daily basis."

Pay and retirement fix proposed

By Master Sgt. Linda Brandon
Air Force Print News

WASHINGTON — With the full support of the president and Joint Chiefs of Staff, Defense Secretary William Cohen recently announced a proposal for significant pay increases and retirement improvements in the fiscal year 2000 budget.

Air Force senior leaders lauded the Dec. 21 announcement after working closely with Department of Defense officials to push for reform.

"These changes reflect our commitment to the men and women who we've tasked with a very tough but vital mission," said F. Whitten Peters, acting secretary of the Air Force.

The Department of Defense's pay and retirement package has three main parts and is designed to attract and retain the type of high-quality force credited with the recent success of Operation Desert Fox.

The first improvement is a 4.4 percent across-the-board pay raise for fiscal year 2000. This would be the largest pay increase since 1982 and is scheduled to be followed by annual increases of 3.9 percent through 2005.

While this increase will not close the military pay gap with the civilian sector, it keeps

everyone slightly ahead of private industry wage growth.

The second improvement targets raises for noncommissioned officers and mid-grade commissioned officers. These would range from one-half of one percent to 5.5 percent.

The targeted pay raises are proposed to take effect July 1, 2000 and are in addition to the 4.4 percent raise everybody receives Jan. 1, 2000.

The third part of the package, improvement of the retirement system, affects two-thirds of the men and women in today's armed forces.

"The retirement system that applies to service members who entered after 1986 is a major source of dissatisfaction," Cohen said.

"They receive 40 percent of their basic pay when they retire after 20 years, while members who began their service prior to 1986 receive 50 percent."

"This retirement change — popularly known as 'redux' — is undermining morale and it's hurting retention," Cohen said.

"Therefore, we are committed to returning the 20-year retirement to 50 percent of base pay."

The proposal to improve retirement will accompany next year's budget submission.

Airmen named 'best of the best' for 1998

Continued from Page 1

go before that review board," he said.

The second honoree, Mix, is NCOIC of Base Fuels Training for the 123rd Logistics Squadron.

Among his recent accomplishments are the development and implementation of a comprehensive training database that allows for real-time tracking of training schedules.

Off base, Mix mentors middle school students when he's not working as a product manager at Cummins Engine Co.

"I'm surprised I won, actually," the sergeant said. "I'm quite flattered to have been chosen, considering how many good people I was competing against."

His commander, Maj. Johnny Jones, recently assumed command of the 123 Logistics Squadron and is still getting to know his troops, but he's already formed a high opinion of Mix.

"I was quite impressed with what this young man has accomplished," Jones said. "He's a tremendous asset to the section."

The final selectee, Mabe, is a cargo airlift handler for the 123 Aerial Port Squadron.

She came to the Aerial Port as a new enlistee and has been with the unit ever since. While working at Ramstein Air Base, Germany, she received a letter of outstanding performance for her duty.

Her fluency in German also was a big help to the unit while at Ramstein.

"I was really kind of shocked when I heard I won," said Mabe, who is a sales manager for Sun Solutions when she's not wearing BDUs. "There were a lot of good airmen I was competing against."

She attributed some of her success to the supportive environment she feels at her unit.

"I enjoy being here with the Aerial Port



MASTER SGT. CHARLES SIMPSON/KyANG

Tech. Sgt. Christopher Mix developed a new database that allows for real-time tracking of training schedules in the Base Fuels section.

— it's like a big family. If you ever need help with anything, you can always ask and someone will always offer to help you. I love it back here, and I wouldn't want to be anywhere else."

The airman also is active in the community, volunteering her time to a prison ministry that puts together Christmas packages for the children of incarcerated parents.

Mabe's commander, Lt. Col. Bob Abel, said he doesn't think he could have found anyone more deserving of the award.

"She's gone out of her way to be an up-

front, take-charge type of person," he said. "She does the little things that add up. Her performance and attitude shine through. She's being targeted for bigger and better things in her career, and I think she's going to go a long way."

Mabe has passed the Air Force Officer Qualifying Test and has been selected for a possible commission in the future.

An awards ceremony is scheduled for April 10 at Woodhaven Country Club to honor the selectees. For information, contact Chief Master Sgt. David Orange at ext. 4465.

Bean Soup Feast, open house scheduled for March

The Kentucky Air Guard's Annual Bean Soup Feast and open house have been scheduled for March 25 from 11 a.m. to 7 p.m.

The event, which is being organized by the KyANG First Sergeants' Council, helps raise money to benefit local charities like the Crusade for

Children Foundation, said Master Sgt. Tim Atwell.

"It also gives friends and family a chance to come out and see our facilities and understand a little more about our jobs," Atwell said.

Tickets for the event, which includes a meal of bean soup, vegetable soup,

cornbread, coleslaw and potato salad, cost \$5 for adults or \$2.50 for children younger than 12 and may be purchased from any first sergeant.

Organizers also are seeking volunteers to help from March 22-26. For more information, call Atwell at 364-9622.

KyANG Christmas

PHOTOS BY MASTER SGT. CHARLES SIMPSON

RIGHT: Alex Rankin, son of Staff Sgt. Carol Rankin, shares his holiday wish list with Santa during the December drill.

BELOW: Santa got more than he bargained for when two Mikes — Master Sgt. Silloway and his namesake — both piled on board for consultations.



RIGHT: The aptly named Emily Noel, daughter of Senior Airman Jeff Noel, proudly displays a freshly painted Rudolph on her cheek.



Holiday pounds got you down?

Stay healthy at new fitness center

By Senior Airman Amy Carr
Cargo Courier Staff Writer

'Tis the season many guard members are wondering about where all those extra pounds came from.

It may have been one too many trips to the holiday buffet, or perhaps it was a year spent in couch-potatoland, but more than a few of us would like to shed a little baggage. Others would simply like to live more healthfully.

Either way, the base fitness center might have just what you're looking for.

Tech. Sgt. Kim Gholston, NCOIC of the fitness center, said physical fitness is crucial to accomplishing our jobs.

"If we aren't fit, we aren't mission ready," she said.

The 123rd Services Flight and 123rd Medical Squadron have spent the past year working to improve the fitness center for guard members.

Previously, the facility offered little more than free weights in the old church. Now, the fitness center has taken on a whole new look with its relocation to the back of the Civil Engineering building.

"More people should come and see our new fitness center," Gholston said. "I think that they would be really surprised to see just how nice it really is."

In addition to free weights, the fitness center now offers Nautilus and cardiovascular equipment, as well as a towel loaning service.

The two latest equipment additions are a treadmill and rowing machine.

Fitness center staff aren't stopping there, however: Plans to expand the new facility already are in the works.

Gholston says the goal is to add a second room by February to create separate areas for aerobic equipment and weights.

Many Guard members are starting to take a personal interest in the gym, Gholston said, and several have donated equipment.

"I had some weights that were basically just sitting in my garage in the way, so I brought them in so others can get some use from them too," said Staff Sgt. Perry McDaniel of the 123rd Security Forces



TECH. SGT. MARK RINES/KYANG

Tech. Sgt. Greg Thompson of the 123rd Aerial Port Squadron tests his strength with Nautilus equipment at the new fitness center.

Squadron.

"The quality of the machines over there is excellent. I go to another gym too, but I can do about 90 percent of my workout here on base."

Master Sgt. Shawn Burt, chief of security forces, credited the fitness center with helping boost his troops' job performance.

"The fitness center has had a direct impact on people in my squadron," he said. "There has even been an increase in productivity, and I think this is directly related to the fitness center."

All active-duty personnel, Guard members, and their dependents over the age of 18 are authorized to use the fitness center, which is open from 5 a.m. to 10 p.m. Monday through Friday and 8 a.m. to 10 p.m. on weekends and holidays.

For more information, call Tech. Sgt. Mary Decker at ext. 4120 or Master Sgt. Barry Wright at ext. 4678.

Members may be eligible for volunteer service medal

Some members of the Kentucky Air Guard may be eligible for the Military Outstanding Volunteer Service Medal.

To qualify, members must perform service that:

- Is significant to the civilian or military family community
- Produces tangible results
- Reflects favorably on the Air National Guard and Department of Defense
- Is direct in nature

The award is intended to recognize exceptional volunteer service over an extended period of time, not a single act or mere membership in a community organization.

The service also must not have been performed as part of a military operation.

For more information, contact Maj. Deb Foster at 364-9544.

Club offering redesigned card

The wing's Thoroughbred Club is designing a new membership card.

Retirees or current Guard members who are interested in receiving one of the new cards should contact Tech. Sgt. Ted Schiess at 364-9614.

W-2 forms mailed this month

Guard members' W-2 tax forms are scheduled to be mailed by Jan. 15.

If you do not receive your W-2 by February 1, contact the military pay office and request that a duplicate be mailed.

Duplicates take seven to 10 days for processing.

Tot Rods



ABOVE: A dozen members of the Kentucky Air Guard are set to deliver toys to needy children via two-wheeled sleighs.

LEFT: Tech. Sgt. Mike Newman of the 123rd Special Tactics Flight provides a military escort with his H-D 350CCT motorcycle.

KyANG photos by
Senior Master Sgt. Jerry Becker

KyANG bikers deliver gifts

By 2nd Lt. Dale Greer
Wing Public Affairs Officer

On Harley, on Honda, on Yamaha and Suzuki...

Perhaps it wasn't the most traditional method for delivering Christmas toys to anxious tots, but a dozen Kentucky Air Guard members sure created a buzz in November when they mounted their motorcycles to spread a little holiday cheer.

The cyclists — including a Special Tactics Flight member astride a military Harley-Davidson — left the base with a truckload of toys strapped to their hogs.

The dolls, balls, teddy bears and cars,

which had been collected on base throughout the month, were delivered to Pleasure Ridge Park High School, where they joined gifts that had been gathered by nearly 4,000 other members of the Kentucky Motorcycle Association.

The presents were later distributed to needy kids as part of the U.S. Marine Corps' Toys for Tots program.

"This is a nice thing to do for the kids of Louisville who don't get much for Christmas," said Senior Master Sgt. Frank Green, who helped organize the KyANG effort.

"It's a great charity, and it gives us an opportunity to have a little fun while we help out the community."

Wing deploying to Germany for Joint Forge

By 2nd Lt. Dale Greer
Wing Public Affairs Officer

The Thoroughbred Express is returning to Germany this month for Operation Joint Forge '99, the latest airlift mission designed to support U.S. peacekeepers in Bosnia.

The Kentucky Air Guard has already served two major rotations at Ramstein Air Base as part of the ongoing support effort, but this year's deployment has two crucial differences.

First, the 123rd Airlift Wing will be the lead unit during its phase of the operation, which means it has command and control responsibility for planning and execution, said Maj. Greg Nelson, wing plans officer.

Second, the deployment will be one of the first tests of the Air Expeditionary Force concept. Only two units — the 123rd Airlift Wing and the Ohio Air Guard's 179th Airlift Wing — are participating.

"Under the old approach, there could have been as many as 40 units and four different types of aircraft involved, with equipment and personnel coming from each of those 40 units," Nelson explained.

"Now, we're married with the 179th as an air expeditionary force, which means we will be deployed for contingencies as a self-contained package."

This approach has a couple of advantages, Nelson said.

"First, we get multiple cost savings because both units fly the same aircraft. We can interchange aircrew, parts and logistics expertise. That reduces the logistics trail and eliminates the duplication of effort that you get when you mix different aircraft.

"Second, because we're not drawing personnel from 40 different units, we can haul our own people and save money by avoiding the cost of AMC strategic airlift."

Approximately 400 KyANG members and 200 Ohio air guards troops will deploy for Joint Forge, with average rotations lasting a little more than 20 days. Kentucky is contributing five C-130H aircraft to the mission, while Ohio will send three.

The operational portion of the Kentucky-Ohio tour will run from Jan. 25 to Feb. 24.